



COMMANDER NAVY REGION HAWAII

SAFETY NEWSLETTER

OCTOBER 2004

www.hawaii.navy.mil/Safety/index.htm



Halloween Safety Tips

Trick-or-Treaters

- ✓ Carry a flashlight
- ✓ Walk; don't run.
- ✓ Stay on Sidewalks
- ✓ Obey traffic signals
- ✓ Stay in familiar neighborhoods
- ✓ Don't cut across yards or driveways.
- ✓ Wear a watch you can read in the dark.
- ✓ Make sure costumes don't drag on the ground.
- ✓ Shoes should fit (even if they don't go with your costume)
- ✓ Avoid wearing masks while walking from house to house.
- ✓ Carry only flexible knives, swords or other props.
- ✓ (If no sidewalk) walk on the left side of the road facing traffic
- ✓ Wear clothing with reflective markings or tape.
- ✓ Approach only houses that are lit.
- ✓ Stay away from and don't pet animals you don't know.

Parents

- ✓ Make your child eat dinner before setting out.
- ✓ Children should carry quarters so they can call home.
- ✓ Ideally, young children of any age should be accompanied by an adult.
- ✓ If your children go on their own, be sure they wear a watch, preferably one that can be read in the dark.
- ✓ If you buy a costume, look for one made of flame-retardant material.
- ✓ Older children should know where to reach you and when to be home.
- ✓ You should know where they're going.
- ✓ Although tampering is rare, tell children to bring the candy home to be inspected before consuming anything.

- ✓ Look at the wrapping carefully and toss out anything that looks suspect.

Homeowners

- ✓ Make sure your yard is clear of such things as ladders, hoses, dog leashes and flower pots that can trip the young ones.
- ✓ Pets get frightened on Halloween. Put them up to protect them from cars or inadvertently biting a trick-or-treater.
- ✓ Battery powered jack o'lantern candles are preferable to a real flame.
- ✓ If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing.
- ✓ Make sure paper or cloth yard decorations won't be blown into a flaming candle.
- ✓ Healthy food alternatives for trick-or-treaters include packages of low-fat crackers with cheese or peanut butter filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat popcorn that can be micro-waved later.
- ✓ Non-food treats: plastic rings, pencils, stickers, erasers, and coins.

Working Safely Outdoors

Working outdoors means exposure to creeping, crawling critters that can often be very dangerous. Knowing the difference between a friend or foe can save your life! * Use insect repellent and avoid strong cologne or perfume.

- * Keep food and drinks in your vehicle.
- * Keep loud noises, engine vibration and arm waving to a minimum. These can provoke a bee attack.
- * Look out for centipede bites, wasp stings, and be mindful of ladder use.
- * Call 911 immediately if you have symptoms of Anaphylactic Shock including nausea, vomiting, difficulty breathing and fever.



Wasp Stings

Most people stung will experience a "local" reaction with redness, pain, swelling and some itching only at the sting site. If the reaction progresses quickly to sites other than the sting site or is followed by difficult breathing or choking at the throat, the person is experiencing a "systemic" allergic reaction (anaphylaxis) requiring emergency medical treatment.

Centipede Bites

Centipedes can attain sizes of over one foot in length! Their bite, though rare, leaves two tiny red marks and causes redness and swelling. Severe pain, swelling, and inflammation may follow, and there may be headache, dizziness, vomiting, irregular pulse, muscle spasm, and swollen lymph nodes. No long-term effects are usually seen. Treat discomfort with acetaminophen, cool packs, and elevation of the affected limb to heart level.

Ladder Use

We have all worked with ladders at some time in our lives, either at work or at home. The following are some tips that may make your interaction with ladders less hazardous:

- Before using a ladder, inspect it for faults, such as broken rungs or rails. If it is an extension ladder, inspect the pulleys, ropes and locks for excessive wear. Also, check the footings and pads to make sure they still provide a non-skid surface. If any defect is found, the ladder should be tagged unsafe and taken out of service. If it cannot be fixed, make sure it is disposed of properly.
- When setting up a ladder, make sure the ground it is set upon is level and stable.
- The ladder should reach a minimum of three feet above the "point of support" and should be secured at this point.
- When using extension ladders, abide by the 1:4 rule. This means if you are using a 12-foot ladder, the base should be three feet from the structure. Some ladders provide a picture guide on the ladder itself to assist you in this. When using a stepladder, make sure the folding cross braces are locked in the proper position before you step onto it.
- Always face the ladder when ascending or descending, and have both hands free to grasp it securely. If you need tools, they should be carried in a tool belt or pulled up with a rope once you have reached your destination.
- Remember the "3-Point Rule": At least two hands and one foot, or two feet and one hand, should



be in contact with the ladder at all times.

- Keep your body between the side rails of the ladder. This reduces the chance of tipping it over and/or falling off.
- Do not climb higher than the third rung from the top on straight or extension ladders or the second tread from the top on stepladders.

BE CAREFUL OUT THERE . . .

ASK THE EXPERTS

IF YOU HAVE SAFETY QUESTIONS AND NEED ANSWERS

Email: PRLH-PP-SAFETY@navy.mil

Question: What is required to qualify me to wear a respirator for my job?

Answer: OSHA and the Navy require you to have a respirator physical with documentation of same. There is a requirement for classroom training and a fit test with the type and size respirator you use on the job. The training and fit test are an annual requirement. The frequency of the physical is dependent on your age.

Be Safe!!

Friendly Training Reminders

(At Bldg. X-11 unless otherwise noted)

Safety Indoctrination

PWC/PACDIV

12 Oct - 0800-0930

Respirator Training

Bldg. 40

14 Oct - 0730-0930

Fall Protection Training

15 Oct - 0730-1100

AAA/DIP Training

18 Oct - 0700-1500

Lockout/Tagout

21 Oct - 0715-1100

AAA Offender

27 Oct - 0700-1500

Safety Director

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